

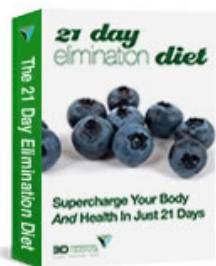


Get Started Right Now!

Free 30 Minute
Consultation



Try Our Free 21 Day
Elimination Diet



Name*

Email*

[send it to me now!](#)

[vegetarian version here](#)

Privacy Policy: Rest assured, we dislike spam as much as you do.

Discover Our
Food Pyramid



Explore The
Shop



Articles &
Videos



Google™ Site Search

Search

Are You Ready For Guaranteed Fat Loss?

...and hugely improved health? If life has left you wondering 'how come I don't look great naked anymore?', or 'how can I feel and perform better?', you're in the right place.

"I now look and feel better than I did in my twenties."

Not only do we get you results, but 3D Personal Training services now come backed by our sensational Money Back Guarantee.

It's a sad fact these days that for many of us, the body and feeling of vitality we want is some way from reality. If you need results **today** not '**someday**', we'll get them for you - guaranteed.

General life and lifestyle, stress, fatigue and tiredness, being overweight, food intolerances, biochemical and biomechanical imbalances, muscle and joint pain, perceived old age, depression and general ill-health are obstacles stopping us getting the most from every day.

"I feel like a new woman, I'm 23 pounds lighter, in much better shape and down to my changes in diet and exercise I have never had so much energy. If I can do it, then anyone can!!!"

We deliver real, sustainable results faster by looking at all the underlying imbalances at play in your body. Imbalances that have their root causes in less than optimum movement, nutrition, psychology and happiness, and lifestyle.

Instead of just making you grind out exercises week after week, we assess the deeper, often hidden factors at play, for instance your stress profile, nutrient and hormone imbalances, lifestyle habits, food intolerances and toxic load.

Latest news from 3D Personal Training...

Do You Know Your Metabolic Type? (And Why You Should) - Part 1

October 23rd, 2009

We'll let you in on a secret. We think that Metabolic Typing is one of the Big Nutritional Principles people should be taking notice of today. Why? If you're reading this as someone who is already a client at 3D ... [Continue reading →](#)

...

To read the full article please [click here](#)

Success Through Synergy

October 23rd, 2009

"The whole is greater than the sum of its parts" In the field of health and fitness, there are many effective techniques to help us achieve our optimal weight, appearance and fitness level. When used in isolation however, many of ... [Continue reading →](#)

...

To read the full article please [click here](#)

The Art of Mastery

October 23rd, 2009

explore. share.
learn. connect.

[SHARE](#)

[RSS FEED](#)



twitter



netvibes



facebook



del.icio.us



diigo

[what are these?](#)

‘All man’s well-being depends upon two things: one is the right choice of aim, of the end to which actions should tend, the other lies in the finding of the actions that lead to that end” – Aristotle The right ... [Continue reading →](#)

...

To read the full article please [click here](#)



Join the conversation